ADVERTISEMENT

NUTRITION ✓ Evidence Based

# 22 High Fiber Foods You Should Eat

Written by Kris Gunnars, BSc — Medically reviewed by Miho Hatanaka, RDN, L.D. — Updated on October 22, 2020

Fiber is incredibly important.

It leaves your stomach undigested and ends up in your colon, where it feeds friendly gut bacteria, leading to various health benefits (1).

Certain types of fiber may also promote weight loss, lower blood sugar levels, and fight constipation (2).

The Academy of Nutrition and Dietetics recommends consuming about 14 grams of fiber for every 1,000 calories you consume daily. This translates to roughly 24 grams of fiber for women and 38 grams for men (3).

Unfortunately, an estimated 95% of American adults and children don't meet the recommended daily fiber intake. In America, the average daily fiber intake is estimated to be 16.2 grams (4).

Fortunately, increasing your fiber intake is relatively easy — simply integrate high fiber foods into your diet.

healthline
High Fiber Foods
5 High Fiber Foods You Should Eat
WATCH VIDEO
5 High Fiber Foods You Should Eat
Fiber is an important nutrient with many health benefits. Watch this video to learn about the benefits of high fiber foods and why you should add them to your diet.

## What is fiber?

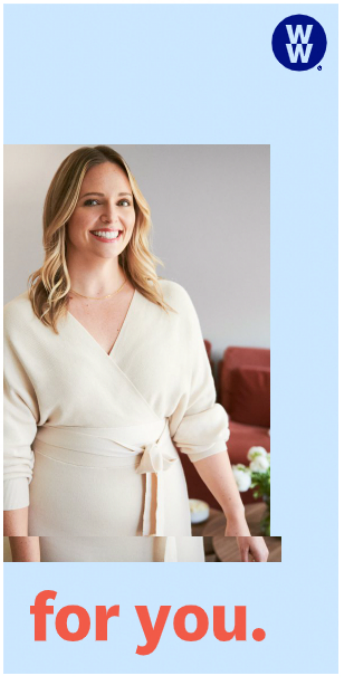
Fiber is a blanket term that applies to any type of carbohydrate that your body can't digest. The fact your body doesn't use fiber for fuel doesn't make it less valuable to your overall health.

Dietary fiber can offer the following benefits when you consume it:

- **Reducing cholesterol.** Fiber's presence in the digestive tract can help reduce the body's cholesterol absorption. This is especially true if you take statins, which are medications to lower cholesterol, and use fiber supplements like psyllium fiber (5).
- **Promoting a healthy weight.** High fiber foods like fruits and vegetables tend to be lower in calories. Also, fiber's presence can slow digestion in the stomach to help you feel fuller for longer (6).
- **Adding bulk to the digestive tract.** Those who struggle with constipation or a generally sluggish digestive tract may wish to add fiber to their diet. Fiber naturally adds bulk to the digestive tract, as your body doesn't digest it. This stimulates the intestines.
- **Promoting blood sugar control.** It can take your body longer to break down high fiber foods. This helps you maintain more co

Loading ad

ADVERTISEMENT




## related stories

Why Is Fiber Good for You? The Crunchy Truth

Fiber Can Help You Lose Weight — But Only a Specific Type

For a Longer Life and Happier Gut, Eat More Fiber

What's the Best Fiber Supplement?

What's the Difference Between Soluble and Insoluble Fiber?

ADVERTISEMENT

helpful for those with diabetes (7).

- **Reducing gastrointestinal cancer risk.** against certain cancer types, including including that some types of fiber, such properties (8).

Fiber offers many health benefits, but it's imp gradually over the course of a few days to avoid adverse effects, such as bloating and gas.

Drinking plenty of water while you up your fiber intake may also help keep these symptoms at bay.

Here are 22 high fiber foods that are both he

ArtistGNDphotography/Getty Images

5 High Fiber Foods You Should Eat

ADVERTISEMENT

## 1. Pears (3.1 grams)

The pear is a popular fruit that's both tasty ar fiber.

**Fiber content:** 5.5 grams in a medium-sized,

5 High Fiber Foods You Should Eat
healthline
10
00:00 / 01:13

## 2. Strawberries (2 grams)

Strawberries are a delicious, healthy option that can be eaten fresh.

Interestingly, they're also among the most nutrient-dense fruits you can eat, boasting loads of vitamin C, manganese, and various powerful antioxidants. Try some in this banana strawberry smoothie.

**Fiber content:** 3 grams in 1 cup of fresh straw

5 High Fiber Foods You Should Eat
healthline
10
00:00 / 01:13

## 3. Avocado (6.7 grams)

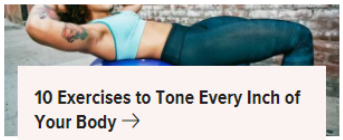
The avocado is a unique fruit. Instead of beir

Avocados are very high in vitamin C, potassium, magnesium, vitamin E, and various B vitamins. They also have numerous health benefits. Try them in one of these delicious avocado recipes.

**Fiber content:** 10 grams in 1 cup of raw avocado, or 6.7 grams per 100 grams (11).

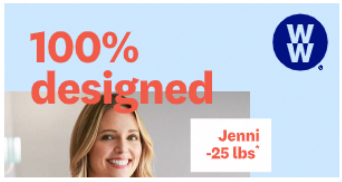
5 High Fiber Foods You Should Eat

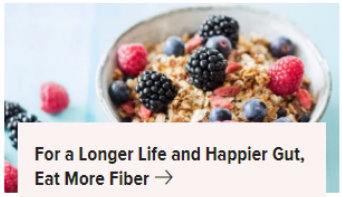
## 4. Apples (2.4 grams)



10 Exercises to Tone Every Inch of Your Body →

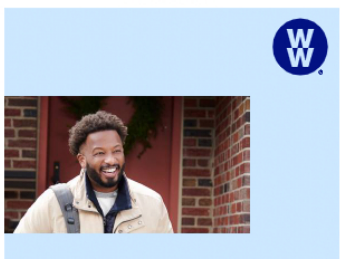
ADVERTISEMENT



For a Longer Life and Happier Gut, Eat More Fiber →

ADVERTISEMENT

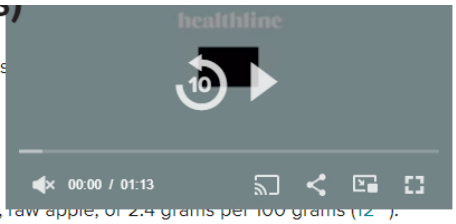


## 4. Apples (2.4 grams)

Apples are among the tastiest and most satis
high in fiber.

We especially like them in salads.

**Fiber content:** 4.4 grams in a medium-sized, raw apple, or 2.4 grams per 100 grams (12 ).

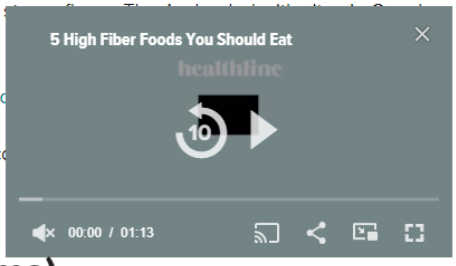



## 5. Raspberries (6.5 grams)

Raspberries are highly nutritious with a very s
manganese.

Try blending some into this raspberry tarrag

**Fiber content:** One cup of raw raspberries c
grams (13 ).




## 6. Bananas (2.6 grams)

Bananas are a good source of many nutrients, including vitamin C, vitamin B6, and potassium.

A green or unripe banana also contains a significant amount of resistant starch, a type of indigestible carbohydrate that functions like
protein, too.

**Fiber content:** 3.1 grams in a medium-sized b

### Other high fiber fruits

- **Blueberries:** 2.4 grams per 100-gram se
- **Blackberries:** 5.3 grams per 100-gram serving (15 , 16 )

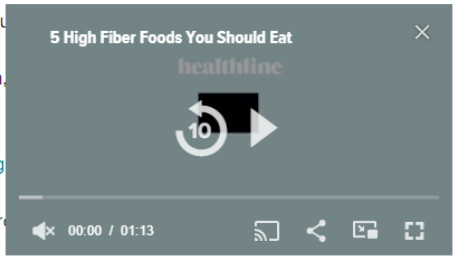
## 7. Carrots (2.8 grams)

The carrot is a root vegetable that's tasty, cru

It's high in vitamin K, vitamin B6, magnesium,
turned into vitamin A in your body.

Toss some diced carrots into your next vegg

**Fiber content:** 3.6 grams in 1 cup of raw carr



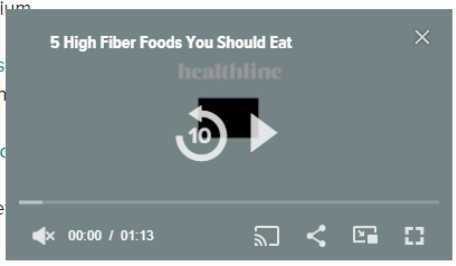

## 8. Beets (2.8 grams)

The beet, or beetroot, is a root vegetable that's high in various important nutrients, such as folate, iron, copper, manganese, and potassium.

Beets are also loaded with inorganic nitrates
benefits related to blood pressure regulation

Give them a go in this lemon dijon beet salad

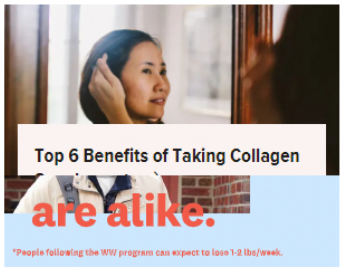
**Fiber content:** 3.8 grams per cup of raw bee




## 9. Broccoli (2.6 grams)

Broccoli is a type of cruciferous vegetable and one of the most nutrient-dense foods on the planet.

It's loaded with vitamin C, vitamin K, folate, B



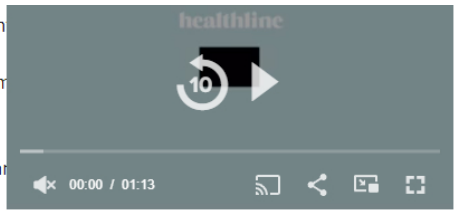
ADVERTISEMENT

ADVERTISEMENT

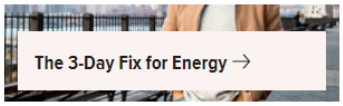
contains antioxidants and potent cancer-figh

Broccoli is also relatively high in protein, com
into a slaw for various uses.

**Fiber content:** 2.4 grams per cup, or 2.6 gra




## 10. Artichoke (5.4 grams)

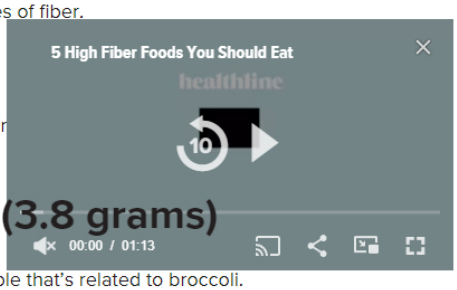



ADVERTISEMENT

The artichoke doesn't make headlines very often. However, this vegetable is high in many nutrients and one of the world's best sources of fiber.

Just wait until you try them roasted.

**Fiber content:** 6.9 grams in 1 raw globe or Fr



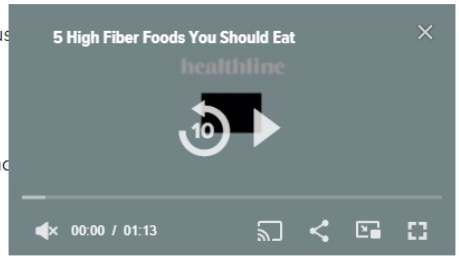

## 11. Brussels sprouts (3.8 grams)

The Brussels sprout is a cruciferous vegetable that's related to broccoli.

They're very high in vitamin K, potassium, folate, and potent cancer-fighting antioxidants.

Try out Brussels sprouts roasted with apples and bacon or drizzled with balsamic vinegar.

**Fiber content:** 3.3 grams per cup of raw Brus




### Other high fiber vegetables

Almost all vegetables contain significant amo

- **Kale:** 3.6 grams
- **Spinach:** 2.2 grams
- **Tomatoes:** 1.2 grams (23, 24, 25)

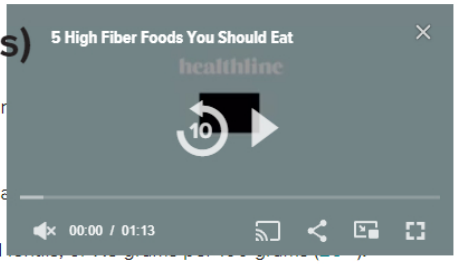
All values are given for raw vegetables.

## 12. Lentils (7.3 grams)

Lentils are very cheap and among the most r
loaded with many important nutrients.

This lentil soup is spiced up with cumin, coria

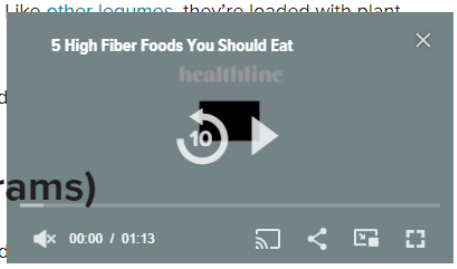
**Fiber content:** 13.1 grams per cup of cooked




## 13. Kidney beans (6.8 grams)

Kidney beans are a popular type of legume. Like other legumes, they're loaded with plant-based protein and various nutrients.

**Fiber content:** 12.2 grams per cup of cooked




## 14. Split peas (8.3 grams)

Split peas are made from the dried, split, and
pea soup after holidays featuring ham.

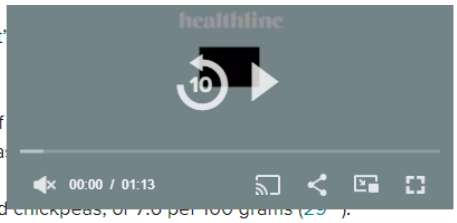
**Fiber content:** 16.3 grams per cup of cooked split peas, or 8.3 per 100 grams (28).

## 15. Chickpeas (7 grams)

The chickpea is another type of legume that'
protein.

Chickpeas form the base of hummus, one of
slather it on salads, veggies, whole grain toa

**Fiber content:** 12.5 grams per cup of cooked chickpeas, or 7.6 per 100 grams (29

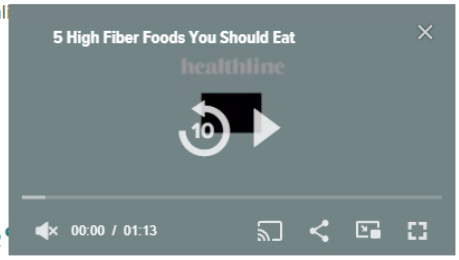



### Other high fiber legumes

Most legumes are high in protein, fiber, and various nutrients. When properly prepared, they're among the world's cheapest sources of qual

Other high fiber legumes include:

- **Cooked black beans:** 8.7 grams
- **Cooked edamame:** 5.2 grams
- **Cooked lima beans:** 7 grams
- **Baked beans:** 5.5 grams (30, 31, 32

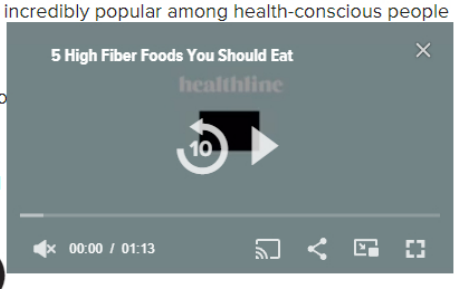



## 16. Quinoa (2.8 grams)

Quinoa is a pseudo-cereal that has become incredibly popular among health-conscious people in the last few years.

It's loaded with many nutrients, including pro
antioxidants, to name a few.

**Fiber content:** 5.2 grams per cup of cooked



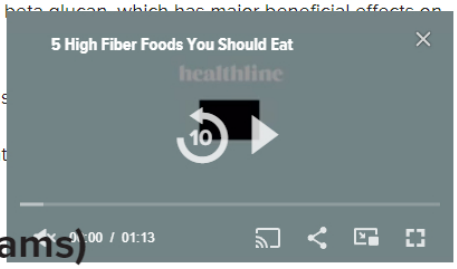

## 17. Oats (10.1 grams)

Oats are among the healthiest grain foods on the planet. They're very high in vitamins, minerals, and antioxidants.

They contain a powerful soluble fiber called beta-glucan, which has major beneficial effects on blood sugar and cholesterol levels (35).

Overnight oats have become a staple for eas

**Fiber content:** 16.5 grams per cup of raw oat

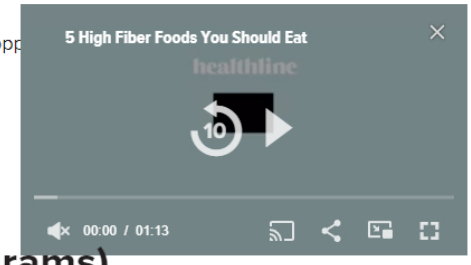



## 18. Popcorn (14.4 grams)

If your goal is to increase your fiber intake, popcorn may be the best snack you can eat.

Air-popped popcorn is very high in fiber, calorie for calorie. However, if you add a lot of fat, the fiber-to-calorie ratio will decrease significantly.

**Fiber content:** 1.15 grams per cup of air-popp




### Other high fiber grains

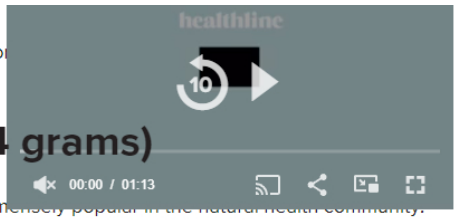
Nearly all whole grains are high in fiber.

## 19. Almonds (13.3 grams)

Almonds are a popular type of tree nut.

They're very high in many nutrients, including healthy fats, vitamin E, manganese, and magnesium. Almonds can also be made into
nutrients.

**Fiber content:** 4 grams per 3 tablespoons, o



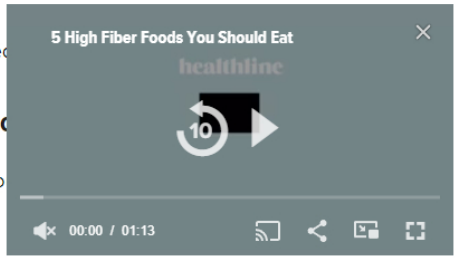

## 20. Chia seeds (34.4 grams)

Chia seeds are tiny black seeds that are imm

They're highly nutritious, containing high amounts of magnesium, phosphorus, and calcium.

Chia seeds may also be the single best source of fiber on the planet. Try them mixed into jam or some homemade granola bars.

**Fiber content:** 9.75 grams per ounce of drie

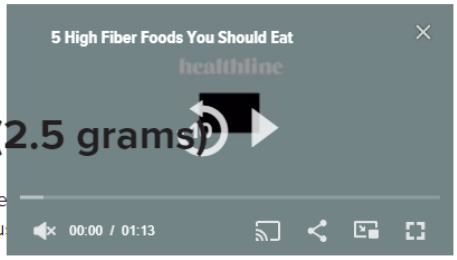



### Other high fiber nuts and see

Most nuts and seeds contain significant amo

- **Fresh coconut:** 9 grams
- **Pistachios:** 10 grams
- **Walnuts:** 6.7 grams
- **Sunflower seeds:** 11.1 grams
- **Pumpkin seeds:** 6.5 grams (40, 41, 42, 43, 44)

All values are for a 100-gram portion.

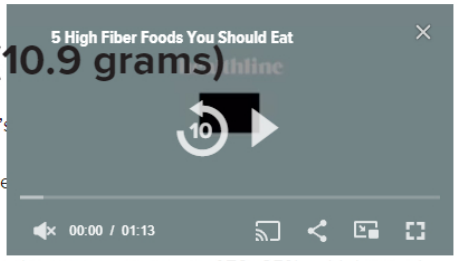



## 21. Sweet potatoes (2.5 grams)

The sweet potato is a popular tuber that's ve
high in beta carotene, B vitamins, and variou

Sweet potatoes can be a tasty bread substitute or base for nachos.

**Fiber content:** A medium-sized boiled sweet potato (without skin) has 3.8 grams of fiber, or 2.5 grams per 100 grams (45).



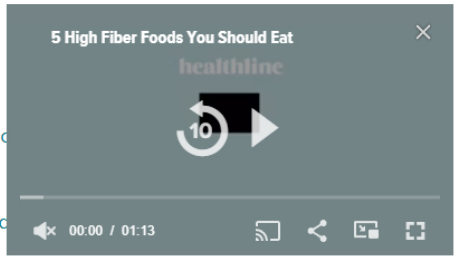

## 22. Dark chocolate (10.9 grams)

Dark chocolate is arguably one of the world's

It's also surprisingly high in nutrients and one
on the planet.

Just make sure to choose dark chocolate that has a cocoa content of 70–95% or higher and avoid products that are loaded with added sugar.

**Fiber content:** 3.1 grams in a 1-ounce piece of 70–85% cacao, or 10.9 grams per 100 grams (46).




## The bottom line

Fiber is an important nutrient that may promo
constipation.

Most people don't meet the recommended c
for men.

Try adding some of the above foods to your diet to easily increase your fiber intake.

Last medically reviewed on October 21, 2020

Was this article helpful?

Yes No

## READ THIS NEXT

### Why Is Fiber Good for You? The Crunchy Truth

Written by Kris Gunnars, BSc

Fiber is indigestible material found in foods. Studies show that fiber has various health benefits, including weight loss and...

READ MORE →

### Fiber Can Help You Lose Weight — But Only a Specific Type

Written by Joe Leech, MS

When it comes to losing weight, not all fiber is created equal. Only viscous dietary fibers have been shown to help people lose...

READ MORE →

### For a Longer Life and Happier Gut, Eat More Fiber

Medically reviewed by Natalie Olsen, R.D., L.D., ACSM EP-C

It turns out fiber is more than just a constipation relief aid. New research is revealing it can also transform your gut biome and...

READ MORE →

### What's the Best Fiber Supplement?

Medically reviewed by Grant Tinsley, PhD

Fiber is an important nutrient for healthy digestion. Learn the difference between types of fiber and how to identify quality...

READ MORE →

### What's the Difference Between Soluble and Insoluble Fiber?

Medically reviewed by Natalie Olsen, R.D., L.D., ACSM EP-C

Do you know the difference between soluble and insoluble fiber? Find out and learn how to get your recommended daily dietary...

READ MORE →

5 High Fiber Foods You Should Eat
healthline
00:00 / 01:13

## Are Wasabi Peas Healthy? A Dietitian's Review

Written by Rachael Link, MS, RD

Wasabi peas are known for their crisp texture and spicy taste. This article looks at the nutrition of wasabi peas, along with the...

READ MORE →

## 13 Low Calorie Foods That Are Surprisingly Filling

Written by Rachael Link, MS, RD

Cutting back on calories doesn't mean you have to feel unsatisfied. Here are 13 low calorie foods that are surprisingly...

READ MORE →

## Jackfruit: What Is This Vegetarian Meat Alternative?

Written by Alina Petre, MS, RD (NL)

You may have wondered what jackfruit is and why it is in so many different vegetarian dishes. This article explores the nutrition,...

READ MORE →

## Oat Milk vs. Almond Milk: Which Is Better?

Written by Rachael Link, MS, RD

Trying to decide between oat milk and almond milk for your latte? This article explores the differences, benefits, downsides, and...

READ MORE →

## Is Slow Churned Ice Cream Healthy?

Written by Allison Knott, MS, RD

Slow churned ice cream is marketed as a healthier alternative to regular ice cream. This article details what it is and how it differs...

READ MORE →

healthline

## Get our wellness newsletter

Filter out the noise and nurture your inbox with health and wellness advice that's inclusive and rooted in medical expertise.

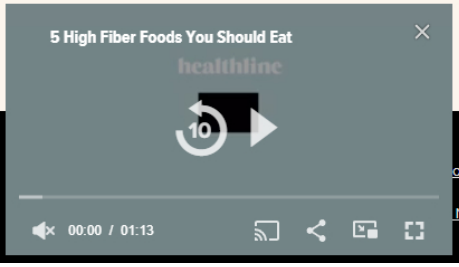
Enter your email SIGN UP

Your privacy is important to us

Contact Us
Terms of Use
Privacy Policy
Advertising Policy

Health Topics
Medical Affairs
Content Integrity
Newsletters
Do Not Sell My Info

© 2005-2022 Healthline Media a Red Ventures Company. All rights reserved. Our website services, content, and products are for informational purposes only. Healthline Media does not provide medical advice, diagnosis, or treatment. See additional information.




HEALTHLINE MEDIA

out | Careers | Advertise with us

News Today Greatist Psych Central